

CanSkate Stage Chart

	BALANCE	CONTROL	AGILITY
STAGE 1	SKATE FORWARD ○ Fall down & get up ○ Fwd push/glide sequence ○ Fwd 2-foot glide ○ Fwd 2-foot sit glide	STOP ○ Snow slide steps ○ R ○ L SKATE BACKWARD ○ Bwd 2-foot skating/walking ○ Bwd 2-foot glide	TURN ○ 2-foot turn ○ CW ○ CCW JUMP ○ 2-foot jump EXTREME ○ Fwd skating perimeter of ice
STAGE 2	SKATE FORWARD ○ Fwd 2-foot sculling ○ Fwd 2-foot to 1-foot glide ○ R ○ L ○ Fwd push/glide sequence EXTREME ○ Fwd 1-foot glide	STOP ○ Fwd stop SKATE BACKWARD ○ Bwd 2-foot sit glide ○ Bwd 2-foot to 1-foot glide ○ R ○ L EXTREME ○ Bwd push/glide sequence	TURN ○ Fwd 2-foot turn ○ Bwd 2-foot turn ○ Fwd 180° glide turn ○ CW ○ CCW JUMP ○ Fwd 2-foot jump
STAGE 3	SKATE FORWARD ○ Fwd stationary blade push (T, V or L) ○ R ○ L ○ Fwd 2-foot slalom ○ Fwd circle thrusts ○ CW ○ CCW ○ Walking crosscuts ○ R ○ L EXTREME ○ Fwd 2-foot to 1-foot curve glide ○ R ○ L	STOP ○ Fwd stop with speed ○ R ○ L ○ Both SKATE BACKWARD ○ Bwd 2-foot sculling ○ Bwd 2-foot to 1-foot glide ○ R ○ L ○ Bwd push/glide sequence EXTREME ○ Bwd 1-foot glide ○ R ○ L	TURN ○ Fwd 2-foot quick turn ○ Bwd 2-foot quick turn ○ Fwd 360° step turn JUMP ○ Bwd 2-foot jump EXTREME ○ Fast fwd perimeter skating ○ CW ○ CCW
STAGE 4	SKATE FORWARD ○ Fwd crosscuts ○ CW ○ CCW ○ Fwd inside slalom ○ Fwd outside slalom EXTREME ○ Fwd drag SPINS & SPIRALS ○ Fwd spiral HOCKEY & RINGETTE ○ Drop down drill ○ Fwd "V" start	STOP ○ Bwd stop SKATE BACKWARD ○ Bwd circle thrusts ○ CW ○ CCW ○ Bwd 2-foot slalom EXTREME ○ Bwd 1-foot glide with speed ○ Fwd 1-foot glide from blue line to blue line SPEED ○ Skate goal line to 1st blue line in 9 seconds or less	TURN ○ Fwd 1-foot turn (small curve) ○ FI ○ FO ○ Bwd 360° step turn JUMP ○ Fwd to bwd 2-foot jump ○ Bwd to fwd 2-foot jump SPINS & SPIRALS ○ 2-foot spin ○ 2-foot sit spin
STAGE 5	SKATE FORWARD ○ Fwd crosscuts - figure 8 ○ Fwd inside edges ○ Fwd push/glide sequence EXTREME ○ Fwd perimeter stroking with jumps ○ Inside spread eagle ○ Fwd 1-foot slalom HOCKEY & RINGETTE ○ Running lateral crossovers	STOP ○ Fwd 2-foot side stop ○ CW ○ CCW ○ Bwd stop with speed ○ R ○ L ○ Both SKATE BACKWARD ○ Bwd crosscuts ○ CW ○ CCW ○ Bwd inside slalom ○ Bwd push/glide sequence SPINS & SPIRALS ○ Bwd spiral SPEED ○ Skate goal line to 2nd blue line in 12 seconds or less	TURN ○ Fwd 1-foot turn (large curve) ○ LFI ○ LFO ○ RFI ○ RFO ○ Fwd 360° glide turn ○ CW ○ CCW JUMP ○ Fwd to bwd 1-foot jump ○ FI ○ FO ○ Fwd power jump SPINS & SPIRALS ○ 1-foot spin ○ Alternating foot spin HOCKEY & RINGETTE ○ Fwd tight glide turns
STAGE 6	SKATE FORWARD ○ Fwd power crosscuts ○ CW ○ CCW ○ Fwd perimeter skating with crosscuts ○ CW ○ CCW ○ Fwd outside edges ○ Fwd 1-foot slalom EXTREME ○ Fwd shoot the duck ○ Fwd perimeter skating with side stops SPINS & SPIRALS ○ Fwd spiral on a curve HOCKEY & RINGETTE ○ Fwd "crossover" acceleration	STOP ○ Fwd 1-foot side stop ○ Fwd 2-foot side stop with speed ○ CW ○ CCW SKATE BACKWARD ○ Bwd outside slalom ○ Bwd crosscuts - figure 8 ○ Bwd perimeter skating with crosscuts ○ CW ○ CCW EXTREME ○ Bwd 1-foot slalom SPIN & SPIRALS ○ Bwd 1-foot spin SPEED ○ Skate perimeter of ice in 35 seconds or less	TURN ○ Fwd 180° step turn (mohawk) ○ R ○ L ○ Bwd 180° step turn (mohawk) ○ R ○ L ○ 2-foot multi-turns JUMP ○ Rotating power jump ○ Bwd toe-assisted jump ○ Bwd 360° 2-foot jump SPIN & SPIRALS ○ Fwd 1-foot spin with spiraling edge HOCKEY & RINGETTE ○ Fwd 2-foot reverse pivot turn ○ CW ○ CCW